



# GARDEN SPA

Use of our hot spa facilities is included in all treatments.  
Vouchers can be purchased at the spa reception or online.  
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## HAMMAM *(Turkish bath)*

*All hammam treatments incorporate the water ritual, where lukewarm water is repeatedly poured over the body. In addition, the hammam's heat and steam ease and relax tired muscles.*

### Private hammam water ritual **R4300 | 60 min**

Our signature treatment includes a full-body exfoliation, dynamic flexing, body butter application and a head-and-scalp treatment.

### Hammam traditional soap treatment with duo massage **R7500 per couple | 90 min**

The ultimate couples' experience consists of a relaxing steam treatment, full-body scrub, soap massage and full-body massage. Performed by two therapists in the double hammam treatment room.

### Hammam traditional soap treatment **R4600 per couple | 80 min**

An ancient cleansing ritual that consists of a relaxing steam, full-body scrub, and full-body and scalp oil application.

Performed by one therapist, with each guest enjoying a 40 min treatment.

*\*Available as a treatment for one R2300 | 40 min*

### Hammam honey-and-salt scrub with steam **R2200 | 30 min**

A relaxing steam treatment followed by a full-body coarse and fine salt scrub and a scalp treatment.

This is a stand-alone treatment, or an ideal precursor to any other facial or body treatment.

*\*Combine with a 30 min full-body wrap R2800 | 60 min*

*\*Combine with a 60 min full-body massage R3100 | 90 min*

### Hammam scrub and facial cleanse **R3600 | 60 min**

Experience the benefits of steam by detoxifying your skin and enjoying a full-body scrub along with a relaxing facial treatment.

## RASUL

*A traditional Arabian-inspired cleansing experience designed for two and carried out by yourselves. A full-body scrub, hair mask, and a face and body mud application, finished with a refreshing and calming peppermint mist.*

### Rasul for two with duo massage **R5300 | 90 min**

Enquire at Spa Reception to add the Rasul to any spa service.

## WRAPS

### Nourishing wrap **R2700 | 90 min**

A gentle body scrub, followed by a warm herbal mud wrap. Whilst wrapped, you receive a scalp and foot massage, followed by the application of a deeply hydrating body oil.

### Cellulite/detox wrap **R2700 | 90 min**

Invigorating dry body brushing, followed by a cool detoxifying body wrap. Whilst wrapped and lying on a heated bed, you receive a scalp and foot massage, followed by the application of a cellulite oil.

*\*Combine with cupping techniques focused on cellulite reduction R200*

## JOURNEYS

### Garden Spa Herbal Journey **R5500 | 120 min**

This is the ultimate treatment for a tired mind and body. We start your journey with a relaxing foot bath with fresh garden herbs whilst sipping on Babylonstoren garden herbal tea, whereafter a relaxing full-body herbal poultice massage and facial cleansing ritual will conclude your journey.

## MASSAGES

### Duo massage R4300 per couple | 60 min

Share this experience with someone special. Massage performed by two therapists in the same room.

### Herbal poultice massage R3000 | 90 min

A warming treatment with heated herbal poultices and warm massage oil, to soothe a tired mind and tense muscles.

### Hot stone massage R2800 | 90 min

Heated volcanic basalt stones facilitate deep relaxation, relieving exhaustion and replenishing energy levels.

### Bamboo massage R2800 | 90 min

A firm, full-body massage that starts with stretching. Performed with heated bamboo sticks, to relax and revitalise tired muscles.

### Balance massage R2500 | 90 min - R2100 | 60 min

A combination of dynamic and softer strokes, pressure points and kneading techniques to increase circulation and soften tight body tissue.

### Stimulating massage with dry body brushing R2100 | 60 min

Invigorating dry body brushing techniques, followed by a detoxing massage.

### Mother-to-be massage R2100 | 60 min

A safe, bespoke treatment to address all pregnancy needs from the second trimester to birth, including skin moisturising to assist with prevention of stretch marks.

## ADD-ON MESSAGE TREATMENTS

*Can be added to any other spa service and are not stand-alone treatments.*

### Back massage R1500 | 45 min - R1350 | 30 min

### Relaxing foot and lower leg massage R1350 | 30 min

### Scalp massage R1350 | 30 min

## FACIALS AND BEAUTY

### Esse live probiotic facial R2100 | 60 min

A bespoke treatment with advanced pre- and probiotics to improve the skin's microbial balance.

### Esse experience facial with back massage and oxygen R2800 | 90 min

A world-class live probiotic experience designed to restore microbial balance and rewild the skin. A back massage promotes complete relaxation.

### QMS anti-ageing oxygen facial R3100 | 90 min

Our signature QMS oxygen facial promotes cell renewal with 95% pure oxygen. Visibly plumps and firms the skin after just one treatment.

### QMS anti-ageing collagen booster facial R2600 | 60 min - R3000 | 90 min

A powerful treatment featuring QMS Medicosmetics' unique system of high-grade collagens combined with advanced exfoliation technology.

## HANDS AND FEET

*Mediheel products leave your hands and feet silky smooth and soft.*

*All treatments include nail varnish.*

### Manicure R1000 | 60 min

A luxury manicure for nourished hands and nails. Kindly inform us of existing gel polish for removal.

### Pedicure R1100 | 60 min

A relaxing pedicure for soft, hydrated feet. Kindly inform us of existing gel polish for removal.

### Deluxe pedicure R1200 | 75 min

A luxurious foot pampering with specialised heel treatment and a hydrating wrap. Kindly inform us of existing gel polish for removal.